

## CLAIMS

I claim:

1. A cart for transporting containers, comprising:

- A. a spine tall enough to carry the bottom of at least one of said containers at least at approximate dining-table height,
- B. means of quick-connect and quick-release retention of said containers for support by said spine on at least two levels, and
- C. means of parking said cart,

whereby shoppers can select and move merchandise, check it out, load into their cars and deliver into home kitchens with minimum work and maximum convenience and maneuverability.

2. The cart of claim 1 wherein said cart is selected from the group consisting of a folding dual-spine cart and a telescoping-spine wide-frame cart and a segmented-spine cart and a solid-spine cart and a single-wheel cart and a near-vertically-oriented cart and a bicycle-wheel cart and a luggage cart and a three-wheel cart and a lazy susan cart and a four-wheel pyramid cart and a deep-baskets cart and an elevator cart and a fixed-length-spine cart and a hand truck.

3. A method of adapting and using a golf-bag cart for shopping, comprising the steps of

- A. removing golf bag mounting fixtures and belts,
- B. enlarging said golf-bag cart's wheels to raise its spine nearer to vertical than the stance of most of said golf-bag carts,
- C. providing one or more containers,
- D. adding quick-connect and quick-release means to enable the retention of said container or containers along said spine on at least two levels,
- E. mounting said containers upon said spine for said retention,
- F. guiding basket-equipped cart into stores, and
- G. shopping.

4. The method of claim 3 wherein the step of shopping uses a cart selected from the group consisting of a folding dual-spine cart and a telescoping-spine wide-frame cart and a segmented-spine cart and a solid-spine cart and a single-wheel cart and a near-vertically-oriented cart and a bicycle-wheel cart and a luggage cart and a three-wheel cart and a deep-baskets cart and an elevator cart and a fixed-length-spine cart and a hand truck.

5. A method of shopping, comprising

- A. choosing a shopping cart which carries the bottom of at least one container at least at approximate dining-table height height,

- B. accumulating merchandise in said container or containers,
- C. using said shopping cart's spine as a lever to balance said containers approximately above said cart's virtual load-bearing axle,
- D. presenting said tabletop-height container at a store check-out counter with container's forward edge near said counter's top,
- E. releasing cart's quick-detach mechanism and sliding said container down onto said counter without lifting loaded container's weight,
- F. sliding reloaded checked-out containers back into retention position against said spine,
- G. retaining containers upon said cart for trip to parking lot,
- H. presenting and releasing said containers at car trunk in same manner as at said checkout counter,
- J. sliding said containers into said car trunk, again with minimal lifting,
- K. reloading said cart with said containers at home,
- L. delivering said containers to kitchen table in same manner as at said checkout counter and said car trunk.

6. The method of claim 5 wherein the step of choosing uses a cart selected from the group consisting of a folding dual-spine cart and a telescoping-spine wide-frame cart and a segmented-spine cart and a solid-spine cart and a single-wheel cart and a near-vertically-oriented cart and a bicycle-wheel cart and a luggage cart and a three-wheel cart and a lazy susan cart and a four-wheel pyramid cart and a deep-baskets cart and an elevator cart and a fixed-length-spine cart and a hand truck.